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FAM

JUST A PINCH — Sandie Everson (center) is smug about her success as cooking instructor for Mark Hansen of Placentia and Lori Clikker, Anaheim, as they engage in friendly debate over choice of seasonings. Mrs. Everson, Corona, formerly in restaurant business, is an adviser to Go ForthERS club,

THAT'S A LOT OF

Kids giv

By MARTHA FARES
News Tribune Writer

FULLERTON — Day camp is a learning experience. Just this week, as director of the YMCA of North Orange County's opening session at Brea Dam Park, Jack Ketchem learned you can't cook 16 pounds of spaghetti in one pot.

"That's a lot of spaghetti," he decided in retrospect and, even with the Y's institution-size cookware, "it all overflowed."

It tasted just fine to the kids, who have been feasting for the past two weeks on a smorgasbord of experiences ranging from nature walks to crafts to an outdoor sleepout.

"We're getting a lot of kids in a first-experience situation," said Ketchem, 21, who also directed day camp activities last year and who has a background in extended day care.

For this opening session of the camp, which continues through the summer, the director said "we played it by the book," aside from heat wave modifications which herded the entire group indoors frequently to the air-conditioned comfort of the nearby YMCA or into the haven of its pool.

Participating first through sixth graders planned their programs and activities these past two weeks around the theme, "Space: The Final Frontier." Next week the kids will get "Away From It All," with focus on a mountaineer theme.

The young campers are encouraged to make their own costumes, some with help from mom and dad, for a dress-up day that ties in with each session's theme. This week Ketchem, who claims "I always do amazing

World unfolding as they go forth, learn by doing

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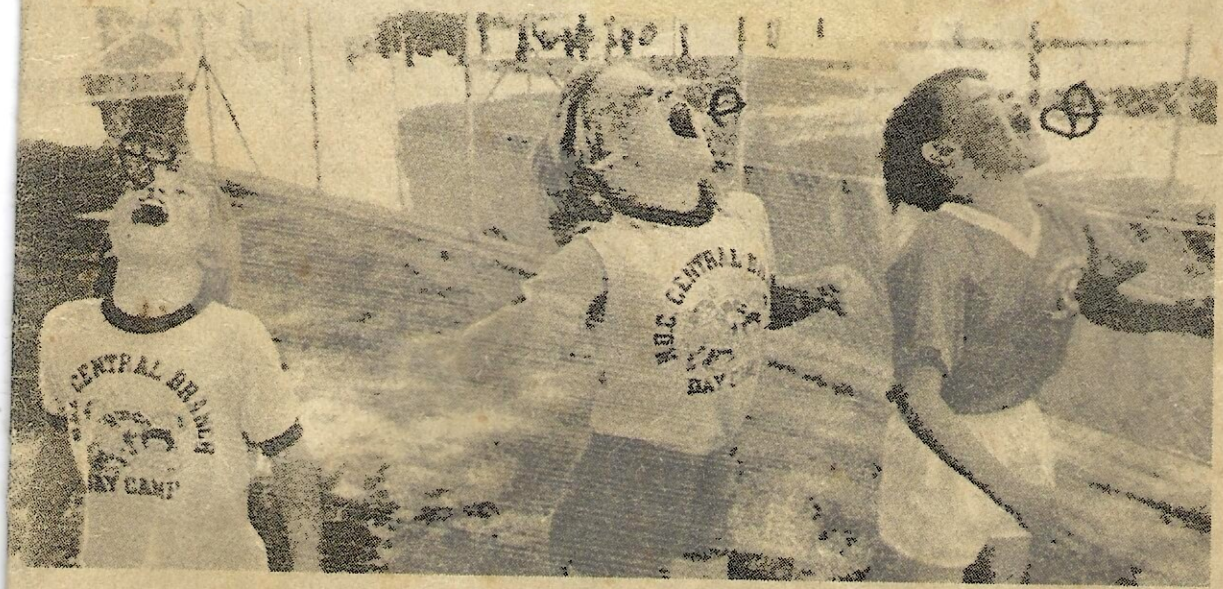
Section B
June 27, 1981

SPAGHETTI

ve day camp a taste test



A NEW SWITCH — In variation on old apple-on-a-string game, Scott McRae, Geneva Gentilli and Jared Griffith throw themselves into Pretzel Launch during Cosmic Carnival at YMCA day camp.

NEWS TRIBUNE PHOTOS BY STAN BIRD

MICHAEL BARMER GETS A MAKEUP JOB

hings for my kids," dressed as uperman — and threw in a juggl- g act as a bonus.

"I really enjoy kids," said the irector, who worked his way rough Cal State Fullerton with a ariety of child-related jobs, mong them the Long Beach chool Districts' extended day are program and the Town and ountry Early Education Center Placentia. He plans to pursue a econdary teaching credential, hen go on to postgraduate work in chool psychology.

His day camp staff includes race Boutilier, 20, assistant irector, a physical education ma-

See DAY CAMPERS, B-2 Col. 1

PLACENTIA — Like most teen-agers and people in their early 20s, they have a hectic social life, juggling parties, meetings and other responsibilities.

But the members of the Go ForthERS club are special.

For most of them, it's the first time they have been thrust into positions of authority, had to organize their time and money, planned events and dealt with the consequences of not meeting a deadline.

The 16- to 23-year-old members of the Go ForthERS are mildly to moderately developmentally disabled. They attend or have attended Educable Retarded programs in regular public schools.

Rarely have they been able to participate in the normal social life of the average youth.

Their parents wanted to change that. They turned to Donna Wallis of Fullerton and Sandie Everson of Corona who have worked for 10 and 14 years, respectively, in special education with the Placentia School District as resource and program specialists.

"For the parents of some of these students, it is very difficult to let go," Mrs. Everson said. "But they wanted their children to have more mobility, a chance to do more in the community."

The young people chose Go ForthERS as the club name, to indicate their intention to "go forth into the community to learn more about themselves and others."

Through various activities the parents and coordinators hope to help club members "develop organizational skills in the selection and planning of leisure-time activities; to promote increased understanding of the functional skills in math, reading and concepts; to develop civic pride in their own community."

The group recently elected its first officers, but not before an elaborate campaign with speeches and posters.

"The winners and losers both got congratulations, and some dropped out of the running so they wouldn't have to compete with their friends."

"Members meet one or more times a month to plan activities, work out the budget and transportation plans and do general committee work," Mrs. Everson said.

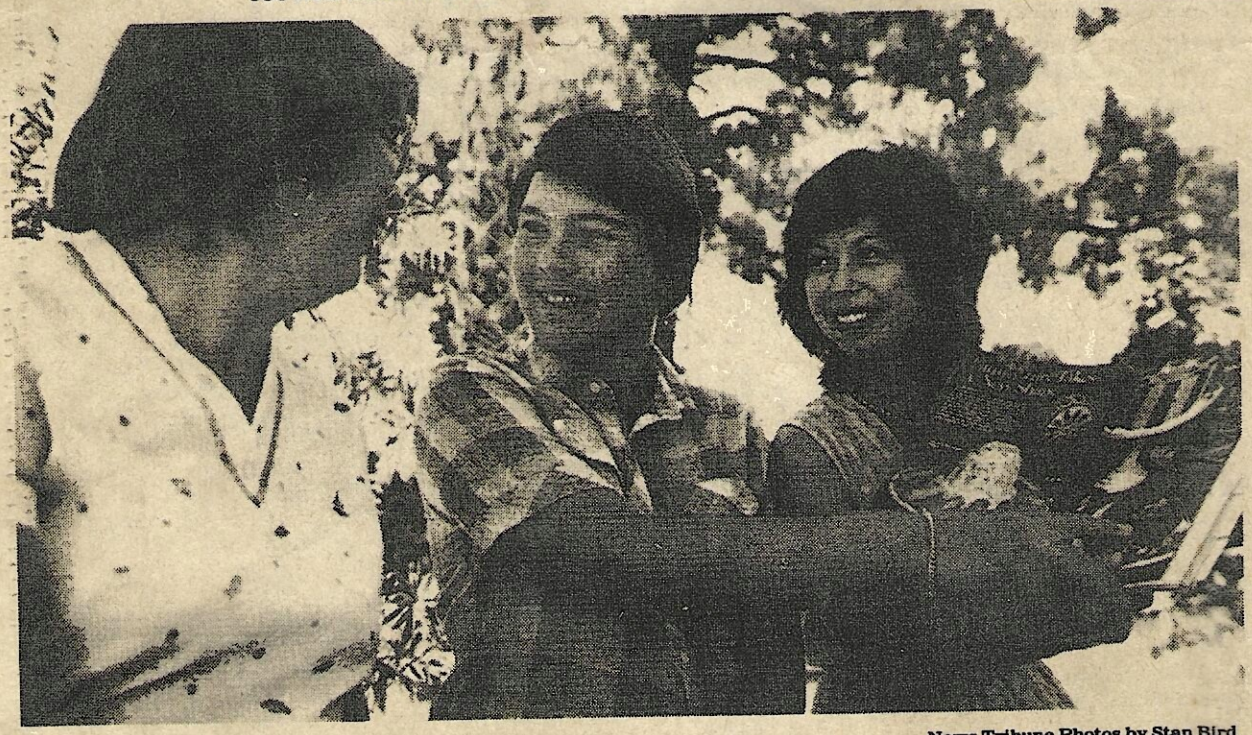
Their first outing to local bowling lanes was followed by dinner at a pizza restaurant. Club members were given general guidelines, then worked out a budget and time schedule for the outing.

Recently, their energies were directed toward a luau for which their

See NEW ABILITIES, B-2 Col. 1

CALL ME CANROE — Jeff Johnston, week of North Orange County YMCA's

SOMEBODY'S HEADING F



News Tribune Photos by Stan Bird

PARTY FIXIN'S — Colorful cookbook illustrations whet appetites of (from left) Donna Wallis, Tom Johnson and Hope Newman for planning, execution of full-fledged party. Mrs. Wallis, Fullerton, who has worked for 10 years with special education program of Placentia School District, guides young members of Go ForthERS club in gaining social and organizational mobility. Members are between 16 and 23 years old. Program is centered in Yorba Linda, draws participation from residents of Fullerton, La Habra and Placentia, as well.

10, looms alien from outer space at cosmic finale to first ay camp program.

IT'S A BIRD — Superman (Jack Ketchem) makes impressive takeoff at Y day camp program for which he is director.

R A FALL AS DAY CAMPERS, COUNSELORS COMPETE IN TUG OF WAR

WIT'S END

And for this she left home?

By ERMA BOMBECK

e is nothing more pitiful on God's green earth watch a woman whose family has rented a or the summer try to "relax" and get close to

man may leave her own home, but she takes de and her guilt with her. I have seen these sur- housekeepers move fireplaces to clean behind wax the plumbing under the sink, launder dust nd replace them under the bed where they hem.

one of them.

ent that route about five years ago. The couple ing to Europe and offered to rent us their home beach for six weeks. My family was ecstatic. umped their luggage in the middle of the floor, o their bathing suits and my husband said, what shall we do first?"

ink I'll scour the fresh air vent over the stove. on't fry anything, I won't have to do it again un- eave."

re here to relax," he said, "not clean house. she expects us to live in the house."

e what!" I said, "A religious commune that os white rings on the table? Get that wet towel the living room. And help me with these draperies. The sun is bleaching that sofa white."

During the weeks that followed, while the family turned brown and healthy, I took off the faucets and cleaned with with a toothbrush, alphabetized and cross-referenced the mail, sucked sand out of the sliding door track with the sweeper attachment, bleached dish cloths and laundered the plastic bags each day and hung them out to dry.

One day when the family came in for lunch, I was in tears.

"What's the matter?" asked my husband.

"It's the fig tree in the bedroom. It's dying."

"It's not your fault," he said, putting his arm around me.

"There'll be questions. An investigation. The family should know. They'll want to be here."

He nodded to the children who silently began to pack.

That was five years ago. Once I was home, things returned to normal. There were poker chips in the planters, the mop stuck to the floor and someone wrote in the grease behind the stove, *"For a good time call Marilyn 555-5544."*

Someone mentioned renting again this summer and relaxing. I don't think I'm well enough.

THE SLIM GOURMET

Coals just right — but

By BARBARA GIBBONS

With the barbecue season upon us, it's time to consider the most ubiquitous meat for cookouts — the hamburger. Here are answers to some commonly asked questions:

Question: What's the difference between "ground beef" and hamburger? Is there ham in it?

Answer: No, the "ham" derives from Hamburg, Germany, where chopped steak was a popular menu item. By U.S. Department of Agriculture definitions, "hamburger" is ground beef to which seasonings and extra beef fat may be added, while "ground beef" is just that, nothing added. Supermarkets rarely label their chopped beef "hamburger;" it's usually called "ground beef" or ground-whatever-part-it comes-from, "ground chuck," for example.

Question: What's the difference between "ground beef" and a package labled "ground chuck"... or "ground round" and "ground sirloin?"

Answer: According to the federal definition, the "ground beef" can come from any part or grade or combination of beef trimmings, while the package labled ground chuck (or round or sirloin) is ground from that part only. As a result "ground beef" is fatter.

Question: My super categorizes its ground "regular" or "lean"... or lean." What's the differenc

Answer: The fat and calo tent! "Regular" at 30 perc contains about 1,500 cal pound, while lean is usuall cent fat (about 1,300 calori extra lean is approximately cent fat (about 1,000 calorie

Question: Do these federa dards and definitions appl ground beef?

Answer: No, only to mea ground and packaged in fed

Day campers taste new experiences

Continued from B-1

jor at Fullerton College and a veteran YMCA staffer. This year, Ketchem said, there is "an abundance of counselors," guaranteeing a ratio of one to each 10 or 12 youngsters.

In addition to the four paid staffers, there are volunteer counselors-in-training, these ranging from 14 years to college age. Many, the director said, once were day campers themselves and, thus, are familiar with the program.

There are some additions this year, among them the screening of what Ketchem terms "quality movies" such as "Return From Witch Mountain" and "The Muppet Movie."

Major outings, one for each two-week session, will include boating and fishing at Lake Gregory during the mountaineering session. New, also, will be a bus excursion to Sea World, along with trips to the beach, Knott's Berry Farm and the Los Angeles Zoo. This week the group visited Disneyland.

And, Ketchem exulted, "We have a great rope!" Sturdy and

CAMP PALS — Gypsy, Y day camp mascot wearing o T-shirt, matter of factly accepts hug from Beth Burrell, 9 camp program in Brea dam recreation area runs throug summer.

There's even a mascot, a child-proof, tail-wagging mutt named Gypsy, whose owner is Rick Grable, YMCA program director, but who "belongs" to every kid in

boys became "intenti separated from the rest Disneyland outing, the quickly located them un hypnotic spell of the

burger?

state inspected plants. Most ground beef is prepared and packaged on site in the supermarket. However, most states and cities have their own standards that must be met, and they usually parallel federal regulations. In some cases, they're tougher. Some chains publish the actual fat percentage on the label. You should be able to rely on this information, because otherwise the product would be mislabeled.

Question: How can I be sure of the leanest hamburger?

Answer: If the diet dictates the lowest fat content, your best bet is to have hamburger custom ground to order from fat-trimmed bottom round, less than 5 percent fat and 612 calories a pound. Or, you can chop it yourself in an electric grinder or food processor. While the price per pound is considerably higher than store-packaged "ground beef," the differential is less than it seems when you consider protein value and shrinkage. One pound of fat-trimmed bottom round will give you the same amount of protein servings as 1¼ quarter pounds of "ground beef" that contains 30 percent fat.

More Answers:

— Shrinkage results from "too fat" meat; poor handling and cooking procedures can compound shrinkage with moisture loss.

— Excess dryness comes from evaporation of moisture due to prolonged cooking, excessively high temperature, poor freezing and thawing techniques, and the addition of salt before cooking (or a combination of these factors).

— Toughness comes from overhandling and mishandling (pressing hamburgers to shape them ... or "kneading" meatloaf mixtures).

— Placing a large package of ground meat directly in the freezer encourages dryness and deterioration. Because the meat freezes slowly, it develops large ice crystals which will leak away in defrosting or cooking. The store wrap isn't vapor-tight and won't protect meat from drying out for

Folks You Know

ATHLETE RECOGNIZED

Ted Whittington, the son of Mr. and Mrs. Sherman Whittington of La Habra, has been named to the West Coast Athletic Conference All-Academic Team. A recent graduate of the University of Santa Clara, he co-captained the basketball team and, as an economics major, carried a 3.0 plus grade point average. He will be a student this fall at the university's School of Law.

ACCEPTED BY UNIVERSITY

Doug Seeger, the son of Mr. and Mrs. Larry Seeger of Honolulu, Hawaii, formerly of Fullerton and Placentia, will be a fall entrant at the University of Arizona in Tucson. His brothers, David and Ken, presently are enrolled there. A recent graduate of the St. Louis High School of Honolulu, Doug is lifeguarding this summer on the island.

EARNS MASTER'S DEGREE

John Francis Lehmkuhl, the son of Mr. and Mrs. John Lehmkuhl of Fullerton, received the master of science in wildlife biology at the University of Montana, Missoula, Mont. A graduate of Humboldt State University, Arcata, and of Mater Dei High School, Santa Ana, he also served two years in the Peace Corps.

DEGREES CONFERRED

Area students were among those receiving degrees from the University of California, Santa Barbara. Among them are Paula Jane Roccaforte of Brea, M.A. in English; and, all of Buena Park, Rebecca Elinor Gilett, B.A., psychology; Carol Lynn Markoff, B.A., combination social science; John Patrick Moffett Jr., B.A. biochemistry-molecular biology; and Carol Jeanne Roberts, B.A., English. Yorba Linda recipients of bachelor's degrees include Lisette Michelle Gragg, developmental psychology; James Kevin Hufferd, environmental studies; Suzee Elizabeth McLoon, anthropology and science; and Gregory Lee Powell, economics/math. Robert Bradley Fishel of Placentia earned the B.A. degree in environmental studies.

groups in her sophomore and junior year in recognition of outstanding academic achievement. She received citations for excellence in drama and women's studies courses.

KATHLEEN ESLINGER

Engaged

Eslinger-Herr

FULLERTON — Mr. and Mrs. John J. Eslinger have announced the engagement of their daughter, Kathleen Joan Eslinger, to Daniel Joseph Christian Herr of Santa Cruz. The bridegroom-elect is the son of Mrs. Donald Lincoln Herr of Montpellier, France, and the late Donald Herr.

Miss Eslinger is a graduate of Sunny Hills High School and received the bachelor's degree in social relations at UC Riverside, where she was a member of Phi Beta Kappa. She is pursuing a second degree in another major at UC Santa Cruz.

Her fiance is a graduate of Wesleyan University, Middletown, Conn.; and is a doctoral candidate in chemistry at UC Santa Cruz.

An Aug. 22 wedding is planned at the Santa Cruz Mission Church.

New administ... of pride and growth

Continued from B-1

parents were special guests. Members shopped for and prepared Hawaiian dishes. Some learned the hula and instructed other members in the dance.

An adjunct to the club is a Social Interaction series offered by Mrs. Wallis and Mrs. Everson. One recent project was a six-week cooking class themed "Alone in the Kitchen" held at the Bradford House, Placentia. It was geared to developing sufficient cooking skills for the youngsters to give the family cook some time off. Special breakfasts were the focus.

Next came a series on preparing special family dinners.

"Many of these youngsters had either no cooking skills or mediocre ones," said Mrs. Everson a gourmet cook and former restaurant owner. "Rather than cook a lot of things poorly. I aim to teach them to do a few dishes with flair. It gives them a great feeling of pride and accomplishment which we share with them."

Graduation from the first series included a Cinco de Mayo breakfast for invited guests which included Placentia School District administrators.

The current series does not stop with recipe preparation, she said. Students will sew aprons and learn how to start and maintain a recipe file.

Cooking teams, kitchen safety and cleanliness, preparing grocery lists for special menus, and learning to prepare three well-balanced meals are included in the curriculum.

The series is being offered under auspices of the Adult Education Division of Cypress College.

Mobility is a key factor, she explained, "We go everywhere by bus. The students are learning that if an event is scheduled at 7 and they arrive at 7:30 they'll miss the bus, and have to take the consequences."

We structure activities so they shouldn't fail — but they know the consequences if they do."

Students come to meetings from Placentia and Yorba Linda (where the program is centered) and from Fullerton and La Habra.

"The ability to move around and be independent in their own community is an important goal," Mrs. Everson said.

The students?

"They are incredible. I have been working with the developmentally disabled since I was 14 and they are very special people. When they accomplish something, they simply beam with pride."

Further information about the group, which the pair hope will branch out into other cities, can be obtained by writing Sandie Everson, 216 E. Olive, Corona, Calif. 91720, or by calling Mrs. Wallis, 871-2717.

said proud... The boys ... up."

Themes for upcoming summer sessions, offering myriad opportunities for costumes, include "Twenty-thousand Leagues Under the Sea," "Surf City," "I'm a Little Bit Country" and "Going Ape."

Parents interested in enrolling their children in next week's or succeeding sessions may call the YMCA, 879-9622, for fee information and reservations. Sessions run from 9:30 a.m. to 3:30 p.m., with an opportunity for extended day care also available.

News Tribune Photos by Stan Bird

COSMIC — It isn't Geneva Gentili, 10, but a robot at Y day camp cosmic-themed costume finale to first week.

AS MEMBERS INCREASE

At-home businesswomen f...

Women working in their own home-based businesses "is the job wave of the '80s," according to a report in a current family magazine on this new trend.

Citing 1979 figures from the Bureau of Labor statistics, the magazine notes that one out of every four at-home U.S. workers is a woman (1.9 million of them in 1979) — a 43 percent rise since 1972!

Indicative of the trend, says Family Circle Magazine, is the growth of the National Alliance of Homebased Businesswomen, whose goal is to project a positive image of the home-based businesswoman and to create a practical network for exchanging information. Thousands of women have joined, says the article, and local chapters have begun to form, providing mutual support on local levels.

As a response to the success of the non-profit Alliance, its founders have just published "Women Working at Home: The Homebased Business Guide and Directory," the first publication to explore the issue of women working from home and including a nationwide listing of women in over 100 different occupations. The magazine report includes an excerpt from this book.

The magazine report also offers case histories of women with successful at-home-businesses and gives tips on how to establish and run your own business.

The No. 1 problem of at-home workers seems to be getting others to take them seriously, says the article. The following strategies to combat the "hobbyist" image for the home-based professional are culled from the article:

— Create the appropriate image by using well-printed stationery and business cards. If possible, hire — or barter your services with — a local artist to design a logo or symbol for your business. Use the logo on all your stationery, cards and packaging.

— Develop a set of house telephone rules. (You don't want your children answering the phone and yell-

il-lined cookie tin, over-wrapped foil, placed in contact with the eezer shelf. For best (moistest) esults, slow-broil without efrosting.

— The high perishability of round meat is due to its addi- onal handling before and after ou buy it. Steaks and chops may e cut once, then wrapped, but rinding exposes several surfaces potentially harmful bacteria. lamburger may have been handl- d several times by a number of utchers, coming in contact with ountertops, machinery, several ources of contamination. Once ou bring home your purchase, the eat is subject to even more andling.

— Spoilage and food poisoning an result when hamburger is llowed to warm up in your super- narket cart, auto or kitchen, when he meat is held more than a day r two before cooking, when serv- d overly rare or nearly raw in- ide. Cross-contamination — preading bacteria from raw meat o other raw foods — comes about hen hands, utensils or counter- ops aren't thoroughly washed ith hot soapy water between reparation steps....

Lo-cal recipes with lean ground eef! Send a self-addressed, tamped envelope and 50 cents to lim Gourmet, care of Fullerton ews Tribune, P.O.Box 624, Spar- a, N.J. 07871.

distinction in her major, dramatics. A member of the Dartmouth Film Society Directorate, she worked as a public affairs intern for NBC News and made a television documentary on Economic Productivity in the United States. She also studied French in Bourges, France, as a participant in Dartmouth's Language Study Abroad program. Miss Mason was named to honor the Brea Children's Theater. The auditorium of Brea-Olinda High School will be the site for the 9 a.m. to noon auditions, open to youngsters in grades four through eight.

Robert Hood will direct the musical, which will be performed Aug. 6, 7 and 8 at BOHS, 803 E. Birch. Further information may be obtained by calling 990-9236 or 990-6849.

The Antonio Durans mark 61st anniversary — early

Mr. and Mrs. Antonio Juarez Duran, 40-year Fullerton residents, chose a summer date for the advance celebration of their 61st wedding anniversary, due in December. Their children hosted a party in their honor at the Villa Park home of their son and daughter-in-law, Ricardo and Jessie Duran. It brought together some 50 family members and friends.

Duran, born in Magdalena, Guanajuato, Mexico, and the former Lucy Guererro, born in Ecuandureo, Michoacan, Mexico, were married Dec. 1, 1920, at St. Mary's Church, Fullerton. They have been Fullerton residents since 1942.

Now retired, Duran in the early years of his marriage was employed as a gardener by Charles C. Chapman, Fullerton's first mayor. Mrs. Duran has been active in St. Mary's parish and in the Guadalupe Society.

The anniversary party hosts included Linda and James Murphy, Eddie and Cora Duran and Stella Runge, all of Fullerton; Ernest Duran of Buena Park and the Ricardo Durans. Two other Duran sons, Henry and Albert, both of Fullerton, were unable to attend.

The senior Durans have 22 grandchildren and 16 great-grandchildren.

Music for the party was provided by the Mariachi Hacienda of Hacienda Heights. The traditional pinata was a party feature for the grandchildren.

Calendar of Events

Saturday, June 27

Miss Angie's Singles ance Club, 9 p.m. to idnight, instruction rom 7:45 to 8:45, merican Legion Hall, 43 S. Lemon, Orange; information, 538-6611.

Man-Woman Institute, country hayride, bus leaves Santa Ana College, Phillips Hall, at 4:30 p.m.; information, 667-3097.

Fullerton Union High School Class of 1956, 25th anniversary reunion, evening, dinner and dancing, Yorba Linda Country Club; information, 533-1760.

Sunday, June 28

Miss Angie's Singles Dance Club, 7 to 10 p.m., instruction from 6 to 7, American Legion Hall, 143 S. Lemon, Orange; information, 538-6611.

Fullerton Chapter No. 787, Women of the Moose, Sunday brunch, 10 a.m. to 1 p.m., lodge hall, 1140 S. Pomona St., Fullerton.

Orange County Chinese Cultural Club, Chinese Dragon Boat Festival, 11 a.m. to 10 p.m., Disneyland Hotel, Anaheim; ticket information, 644-8603 or 523-5254.

Orange County Plate Collectors Club, meeting and program by Gorham Co., 1:30 p.m., Brookhurst Community Center, 2271 W. Crescent, Anaheim; information, 826-1758.

Monday, June 29

Brea Children's Theater, auditions for "The Sound of Music," 9 a.m. to noon, auditorium of Brea-Olinda High School, 803 E. Birch, Brea; information, 990-9236 or 990-6849.

Anagrove Chapter No. 1324, B'nai B'rith Women, meeting and program on travel, 8 p.m., Jewish Federation Building, 12161 Buaro, Garden Grove.

orm network

ng, "Ma, it's a lady for you." Two solutions: a eparate business phone to be answered only by you; a telephone-answering machine or service.

– Join professional and civic associations, networks nd clubs related to your work. Besides fighting the solation of working all alone, it will enhance your mage in the business community and provide access o valuable connections.

— When clients are expected, dress like the well-groomed professional they would expect to meet in a usiness situation.

— Don't try to hide the fact that you work at home. Point out that your at-home status keeps your verhead low and allows you to give a top-notch product or service at reasonable prices.

Women interested in the alliance, or in being included in a future home-based business directory, may contact the National Alliance of Homebased Businesswomen, P.O.Box 95, Norwood, N.J. 07648

Photographs Available

Copies of Daily News Tribune photographers' photos which have appeared in the newspaper in the past 30 days are available for purchase at the News Tribune office, 655 W. Valencia Drive, Fullerton. Inquiries should be made at the lobby desk.